



Contact Si View Pool staff with questions:

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Preschool Program Guidelines

The preschool program classes are for ages 3-6 (student must turn 3 prior to the end of session). After reviewing the skills covered for the course level, select a class on the conservative side of the student's skills. It is preferable that they succeed in the appropriate class rather than struggle in one that is difficult.

Students will progress through levels at different speeds depending on age, physical coordination, practice outside of class, etc. In most cases, completing a swim level takes 2-3 sessions. All children not fully potty trained must wear a swim diaper or a plastic diaper cover.

Preschool 1 (Pre 1)

Preschool 1 classes do not go in the deep end of the pool. For students aging out of the preschool program PRE 1 is equivalent to Youth 1.

SKILLS TAUGHT: Blowing bubbles; humming; submerging whole head; buoyancy (assisted front float for 5 to 10 seconds); assisted back float 10 seconds; propulsion (kicking with face out of water then face in the water assisted and unassisted); Students must be comfortable submerging completely under water before advancing to Pre 2.

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Preschool 1: Skills Required to Pass

Component	Entry/Exit into the water	Bobs	Front Float w/ assistance	Back float w/ assistance
Breathing & Timing	Understand waiting to be cued before entering the water. Students should be able to climb in and out of the water by themselves	Exchanging air; bubbles under water and breath when they come up; 3 bobs in a row to pass	Blowing bubbles, face in the water for 3 seconds	Breathe before rolling for the recovery
Head & Body Position	N/A	Forehead pointed down to the floor; face in water for 3 seconds	Forehead pointed down to the floor; face in water, relaxed body flat on the water	Head relaxed, chin up to the ceiling; hips up; body lying in a flat position. Student MUST be comfortable lying on back for 5 sec. Students should roll over to their front for the recovery
Legs	When climbing out, legs follow the arms. Use the knees, not the feet	N/A	Long legs stretched out; hips should be flat on the surface of the water	Legs either straight or slightly bent at the knee

Arms	Use elbows and hands. Students should use the lower ledge to climb in and out	N/A	Long arms either at the side or stretched out in front in streamline position	Can either be out to their sides or down by their legs; do not let them grab you
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Preschool 2 (Pre 2)

For students aging out of the preschool program Pre 2 is equivalent to Youth 1.

Preschool 2 classes are introduced to deep water. Students get acclimated to the deep end by going short distances with kicking on front and back; learn to jump in and roll over onto their back for recovery.

SKILLS TAUGHT: Humming; submersion; buoyancy (front and back floating unassisted); front glides and back glides unassisted; rolling over (front float to back float / back to front comfortably) unassisted; propulsion (kicking on front and back) w/out support; Students must excel on front skills, back skills and must be comfortable rolling from front to back and back to front without making contact with the pool floor to advance to Pre 3.

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Preschool 2: Skills Required to Pass

Component	Front float (unassisted)	Back float w/ recovery	Kicking on front (unassisted)	Kicking on back w/ recovery	Rollovers (one time) (unassisted)
Breathing & Timing	Bubbles	Breathe before rolling for the recovery	Blowing bubbles	Breathe before rolling for the recovery	Bubbles when face is in water, take a breath when they roll over
Head & Body Position	Forehead pointed down to the floor; face in water; relaxed body flat on the water. Students should demonstrate their front float unassisted for 5 seconds	Head relaxed, chin up to the ceiling; belly and hips up; position at wall - belly on wall, ears back in water. As they leave the wall DO NOT allow them to push off w/ legs, this causes them to go underwater. Able to float independently for 5 seconds	Forehead pointed towards floor; This helps to leave their legs up at the surface	Head relaxed, chin up to the ceiling; belly and hips up; position at wall - belly on wall, ears back in water. As they leave the wall DO NOT allow them to push off w/ legs, this causes them to go underwater. Able to back glide unassisted.	When on front, forehead pointed down. When on back, chin pointed to the ceiling. Body lying in flat position at or near the surface; they need to do the roll over unassisted at least once to pass.

Legs	Long legs stretched out; hips should be flat on the surface of the water.	Long legs stretched out in front; push hips up	Legs kicking at or near the surface; should be mostly straight but a bent leg is OK	Legs should be kicking at or near the surface; bent leg is OK	Should be kicking the entire time; bent leg is OK; legs should be at or near the surface
Arms	Long arms either at the side or stretched out in front in streamline position.	Should be down by their legs/side	Stretched out in front in streamline position	Either stretched out in front in streamline position or down at the legs/side.	N/A; they can use arms to help them roll.

Preschool 3 (Pre 3)

For students aging out of the preschool program Pre 3 is equivalent to Youth 2. SKILLS TAUGHT: Main focus in this level is breathing (front glide w/ rolling over, intro to side breathing - letter "L" position for the width of pool); intro to crawl stroke and back stroke; intro to elementary back stroke (arms only for the width of pool); Students must excel in tall arms with rolling over to breathe to advance to Pre 4.

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Preschool 3: Skills Required to Pass

Name	Rollovers	Crawl Stroke	Backstroke	Intro to Elementary Backstroke
Breathing and Timing	Bubbles when face is in water, take a breath when they roll over	Bubbles underwater, take a breath at each turn. Students may alternate breathing or breathe on the same side.	Exchanging air	Exchanging air; feet follow the hands
Head and body position	When on front, forehead pointed down. When on back, chin pointed to the ceiling. Body lying in flat position at or near the surface	Forehead down; head lying flat on arm when side breathing; no rolling to the back	Hips up; head relaxed in water; chin up	Hips up; head relaxed; push hips up as legs bend back

Legs	Legs provide supportive kick	Legs provide supportive kick, kicking with arms	Propulsive; kick at or near the surface; flex feet	Heels to their back; knees stay in middle - feet flex out
Arms	Arms remain in L position when taking a breath	Arms remain in L position when taking a breath; arms should come out of water; pull water towards hips	Touch leg, reach up for ceiling, brush ear; long arms; arms should be mostly straight.	Tickle, T, Push; hands extend out, not up (arms should not extend over the head).

Preschool 4 (Pre 4)

For students aging out of the preschool program Pre 4 is equivalent to Youth 2. SKILLS TAUGHT: Crawl stroke; side breathing, kicking, arms and coordination; back stroke; elementary back stroke; intro to dolphin kick and breaststroke kick, pike and surface dives, standing dives and intro treading water. Students that excel in crawl and back stroke will advance to Pre 5 or Youth 3.

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Preschool 4: Skills Required to Pass

Name	Crawl stroke	Backstroke	Elementary backstroke	Dolphin kicks	Intro to Breaststroke
Breathing and Timing	Bubbles underwater, take a breath at each turn; breath every 3rd stroke	Exchanging air	Exchanging air; remind students that the feet follow the hands; glide	Bubbles underwater, breath when lifting head	"Breath-kick-breath-kick"; remind students it is one breath per stroke
Head and body position	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water, chin up	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops: chin tuck down to neck then scoop forward	Forehead is pointing up; body position is slightly angled down

Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex feet	Heels to their back/bend at the knee; knees stay in the middle - feet flex out - long legs push together	Legs should be together; follow motion of head; bend at the knee OK	Knees bend to floor - (hips push down); Feet flex out - knees stay towards middle - feet grab water and legs push together straight
Arms	Arms remain in L position when taking a breath; arms should come out of water; pull water towards hips	Touch leg, reach up for ceiling, brush ear; long arms; arms should be straight; pull water towards hips	Tickle, T, Push; hands extend out, not up (arms should not extend over the head), strong push down to the legs	Arms in front in streamline position. Should follow motion of head	Arms in front in streamline position during kicks/glide. Arms can help with breathing

Preschool 5 (Pre 5)

For students aging out of the preschool program Pre 5 is equivalent to Youth 3 or 4 depending on the strength of the swimmer.

SKILLS TAUGHT: Refining crawl stroke w/ side breathing; refining back stroke; refining elementary back stroke; breast stroke; butterfly; intro to sidestroke and flip turns. Students must excel in all strokes and tread water for 30 seconds to advance to Youth 5 or swim team.

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Preschool 5: Skills Required to Pass

Name	Crawl stroke	Backstroke	Elementary backstroke	Butterfly	Breaststroke
Breathing and Timing	Bubbles underwater, take a breath at each turn; Breath every 3rd stroke	Exchanging air	Exchanging air; remind students that the feet follow the hands; glide	Bubbles underwater, breathe by lifting head up and in coordination with arms, two kicks per each arm/breath	1 breath per stroke; pull and breath - kick and glide; arms and kicks should be separate.

Head and body position	Forehead down; ear in water; no rolling onto back	Hips up; head relaxed in water, chin up	Hips up; head relaxed; push hips up a bit as legs bend back	Head scoops: chin tuck down to neck then scoop forward	Forehead is pointing up; body position is slightly angled down
Legs	Legs provide supportive kick; kick at the surface	Propulsive; kick at or near surface; flex feet	Heels to their back/bend at the knee; knees stay in the middle - feet flex out - long legs push together	Legs should be together; follow motion of head; slight bend at the knee OK	Knees bend to floor - hips push down; feet flex out - knees stay towards middle - feet grab water and legs push together straight
Arms	High elbows; roll shoulders when extending out arms; pull water towards hips	Touch leg, reach up for ceiling, brush ear; long arms; arms should be straight; pull water towards hips	Tickle, T, Push; hands extend out, not up (arms should not extend over the head), strong push down to the legs	Arm circles; pull down to legs during the power phase; arms in streamline position during kicks.	Hands draw a circle around the head to pull forward, arms in streamline position during kick and glide.